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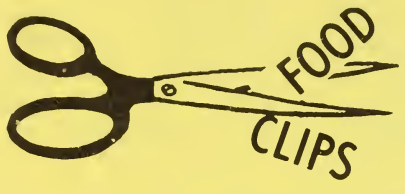
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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According to USDA standards _____

When baby food is labeled "poultry with broth" there must be at least 43% poultry meat — skin, fat, and giblets.

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If you purchase something called "poultry stroganoff", it must be at least 30% poultry meat and at least 10% sour cream or a "Gourmet" combination of at least 7½% sour cream and 5% wine.

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If a product is labeled "beef with gravy" it contains at least 50% cooked beef; "gravy with beef" must have at least 35% cooked beef.

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There is a difference....if a label reads "poultry chop suey" it may mean at least 4% poultry meat — but, "Chop suey with poultry" a minimum of 2% poultry meat must be used.

* * *

Ham spread must have at least 50 percent ham.

HOW MUCH DO YOU KNOW

ABOUT CHEESE

People all over the world eat cheese. People in the United States are eating more cheese each year—consumption is up. During the holiday season consumption probably is even higher because our party-fare usually includes cheese. There are more than 400 varieties of cheese, according to USDA, many of which are made from cow's milk. Characteristics of four popular cheeses are:

"Blue" — White cheese with blue vein mold ripened variety — tangy, peppery flavor after aging 2 to 6 months — body and texture is semi-soft pasty and sometimes crumbly.

"Brick" — one of the few cheeses of American origin..creamy yellow, semi-soft ripened variety — mild to pungent flavor after aging 4 to 8 weeks.

"Colby" — Firm ripened variety... mild to mellow flavor after aging 1 to 3 months. Body and texture is soft and more open than Cheddar. Color is white to medium yellow, orange.

"Monterey Jack" —Firm ripened variety has a mild to mellow flavor after aging 1 to 3 months...semi soft—has small openings throughout the cheese.

TO THE PRESS

———BECAUSE YOU'VE ASKED

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*Includes Food and Home Notes

SCALING THE METRIC MAZE *

Everybody is doing it — that is, going metric. Since 1790, when the French Academy of Sciences created the metric (or decimal measurement) system, all but five countries have adopted, or planned the change to the metric system. The United States is the only large country not yet on metric. (other countries are Brunei, Burma, Liberia, and Yeman) Our time is coming, according to private industry, who is leading the conversion. The primary reason is to increase our exports of manufactured products and thus help our balance of trade with other nations. And, obviously, to get in step with the rest of the world.

First, it's a whole new language. Back in 1790, the meter was established as a measured portion of the earth's circumference. Measures of capacity and mass were derived from the length unit. The conversion to metric in the United States will be to "SI", of which there are seven base units. By convention they are considered dimensionally independent — length (meter), mass (kilogram), time (second), electric current (ampere), thermodynamic temperature (kelvin), amount of substance (mole), and luminous intensity (candela). Other SI units are derived from the base units — but that's more intregate.

Consumers will need to learn more about meters, liters, kilograms, degrees Celsius. Multiples and fractions of a unit are expressed by decimals. Conversion of a unit to another size involves just moving the decimal point 232000 millimeters = 232000 centimeters = 232 meters = 0.232 kilometers.

One of the questions most often asked about the metric system is how will it affect cook books? True, most new cookbook recipes will soon contain metric units. But — the change to metric will not mean throwing out old favorite recipes, cookbooks — or even the utensils we've used for years according to the USDA's Agricultural Research Service. Many food products and recipes are using both systems even now. Care must be exercised however, even with conversion tables, measurements should be carefully checked.

Scaling the Metric Maze (con't)

Accepting the changeover to metric appears to be the biggest obstacle — not the changeover itself. People need to think metrically first. Then there are eight basic points that should be emphasized in an educational program.

- 1) Accurate SI source material should be used as references.
- 2) All published materials used in teaching metrics should first be checked and corrected to SI units.
- 3) Stress the basic SI units — don't teach, or try to learn all the SI system because it is overwhelming.
- 4) A policy to round off units could be adapted — three significant digits are usually all that are necessary.
- 5) Rather than convert measurements from customary to metric units — develop new materials based on whole metric units.
- 6) The decimal feature of the metric system should be applied in all cases. (such as: 0.5 liter or 500 ml should be used not $\frac{1}{2}$ liter).
- 7) Keep measurements uncluttered and few in number. Ease in using metric units should be stressed.
- 8) Customary names of cup, tablespoon, and teaspoon should not be used with metric units to avoid confusion.

*—— The above information was condensed from a paper "Metrication and the Consumer" by Olive Batcher, Consumer and Food Economics Institute, Agricultural Research Service, USDA. Available to the PRESS only — single copies of the complete report on "Metrication and the Consumer" is available from CFEI/USDA, Hyattsville, Maryland 20782.

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